



Douglas County Reporting Center Catalog of Classes

(revised March, 2009)

A partnership of:

**Douglas
County
Department
of Corrections**

**Nebraska
State
Probation**

**Douglas
County
Drug Court**

**Douglas
County
Young Adult
Court**

This catalog is to provide a description of each class or group currently offered at the Douglas County Reporting Center, along with the day and time of the class.

ACADEMIC

GED

- Monday through Friday from 9:00 a.m. to 4:00 p.m.
- Tuesday through Thursday from 6:00 to 8:00 p.m.
This class is for individuals in need of completing their GED or continuing their educational goals. Individuals will need to complete TABE testing, which will measure the basic levels and knowledge.

Literacy Center Instruction

- Wednesday from 6:00 to 7:30 p.m.
This class is designed to help those individuals of lower reading ability learn to navigate their everyday lives. The programming of the classes focuses on such things as learning to read a map, understanding a grocery ad, balancing a checkbook, and reading prescription label. The lesson topics will change each session to meet the needs of the individuals. Through participation in the life literacy classes, individuals would have the opportunity to work with the Literacy Center of the Midlands in some of their other Adult Basic Education classes: as English as a Second Language (ESL), one-on-one mentoring, and Computer-aided Literacy. An individual must attend six sessions to successfully complete a topic. This class is open-ended so an individual's length of participation may vary.

COGNITIVE/CRIMINAL THINKING

Cognitive Skills

- Friday from 1:00 to 2:30 p.m.
Used as a follow up course to Commitment to Change or Reactive Behavior. Focuses on applying the principles of prosocial thinking and constructive coping skills to anticipated situations in the individual's own life. This is a four session open group.

Commitment to Change

- Monday, Tuesday and Wednesday 9:00 to 10:30 a.m.
This class is a closed group. It examines the criminal thought process and what leads up to illegal behavior. Multi-part educational program that helps individuals to identify common criminal thinking errors and assist in developing alternative thought processes. Individuals will learn how to recognize the triggers to the thought process and ways to change or interrupt the thoughts. An individual must attend 13 sessions to complete this group.

Moral Reconciliation Therapy (MRT)

- Monday from 5:30 to 7:00 p.m. for a male group
 - Tuesday from 6:00 to 7:30 p.m. for a male group
 - Wednesday from 10:30 a.m. to 12:00 p.m. for a co-ed group
 - Thursday from 6:00 to 7:30 p.m. for a female group
 - Friday from 4:00 to 5:30 p.m. for a young male group (19 to 25 year olds)
- MRT is a cognitive behavioral group that focuses on how individuals make decisions. Through their participation, individuals will learn the skills necessary to make decisions by doing what is right. MRT focuses on confrontation of beliefs, attitudes and behaviors, assessment of current relationships, reinforcement of positive behavior and habits, enhancement of self-concept, and development of frustration tolerance. An individual must complete 12 steps to successfully complete this class which takes approximately 14 to 18 weeks.*

Next Right Thing

- Every other Monday from 7:00 to 8:00 p.m. (**Young Adult Court ONLY**)
A discussion group for Young Adult Court (YAC) participants. Each member is required to participate in the discussion related to practical issues, on-going throughout the court of re-establishing constructive personal goals. The group emphasizes the means to deal with addictive impulsive behavior.

Reactive Behavior

- Tuesday, Wednesday and Friday from 1:00 to 2:30 p.m. and Monday – Thursday 2:30 to 4:00 p.m.
This class is a cognitive based psycho-educational class which deals with life trauma, anger control and thought process. It examines decision making rationalizations used to excuse harmful behaviors. The class helps individuals identify and take responsibility for their reactive behaviors, learn to stop their reactive behavior, deal with issues that have caused their reactive behavior, and change their behavior, develop their character, and improve their self-image, which will help them improve their perception of others. An individual will need to complete 24 sessions to successfully complete this class.

Victim Impact

- Monday and Wednesday from 10:30 a.m. to 12:00 p.m.
This class is designed to help offenders appreciate the impact their crime has had on the community. It is an effort to redefine crime as an act against a person and/or community, not an abstract, faceless entity. The program provides an excellent opportunity to teach offenders that their actions have consequences and they have a responsibility to understand and repair the damage to the community. An individual must attend six sessions to successfully complete this class.

EDUCATION

Domestic Violence

- Thursday from 10:30 a.m. to 12:00 p.m.

This class is designed to assist women who have been or are currently involved in controlling or abusive relationships. There are six classes that will cover the topics of: what is domestic violence and the types of power/control an abuser will use; red flags or signs of an abuser; short and long-term effects of children in an abusive home; sexual assault in a dating relationship; safety plans; and making healthy choices and self-empowerment. An individual must complete the six classes to successfully complete this class.

Parent Education

- Monday and Friday from 10:30 a.m. to 12:00 p.m.

This class focuses on goals that can be achieved by the parent and child in a cooperative manner. It assists individuals who are parents in developing open communication with their children, build the adult-child relationship, learn to share the control and decision-making, learn to combine consequences with high levels of empathy and warmth, and preserve and enhance the child's self-concept. This is a court approved parenting class and individuals must attend twelve sessions to successfully complete this class.

Pre-release Planning

- Tuesday from 1 to 2:30 p.m. and 2:30 to 4 p.m. (**Douglas County Corrections ONLY**)

This class consists of four sessions focused on identifying various programs and community support systems. The goal is to motivate individuals to move past good intentions to making solid plans and commitments to participate in appropriate programs upon release. Each individual will be provided a pre-release packet that contains numerous community resources and be educated on how to access them.

Basic Personal Finance

- Thursday from 9:00-10:30

This is a four session course focusing on the following objectives regarding personal money management. Participants will study their spending and saving habits, budgeting, will conduct a review of their credit history, and set personal financial goals. Participants will be educated on how to improve their credit score and work towards living a debt free lifestyle.

HEALTH

HIV/STD Education

- Monday from 2:30 to 4:00 p.m. and Fridays from 9:00 to 10:30 a.m.
This class is aimed at reducing HIV sexual risk behavior. It teaches individuals how to communicate verbally and nonverbally to show that they care for their partner and need to protect themselves. The class emphasizes the importance of partner's involvement in safer sex. An individual must attend four sessions to successfully complete this class.

Women's Health Group

- Every other Tuesday 6:30 to 7:30 p.m.
The class will address issues such as healthcare for the multi-generational family, handling stress, recognizing health care concerns of babies and children, family wellness, etc. Each week is a different module on health related topics.

SUBSTANCE ABUSE

Chemical Dependency

- Tuesday and Thursday 9:00 to 10:30 a.m. and 10:30 a.m. to 12:00 p.m.
This is an educational class which address the effects of drug and alcohol use. In-depth process of examine how drugs interact in the body and the long term side effects of using or abusing mood altering substances. Dispels myths about drug and alcohol and usage. It will reviews statues and laws related to drugs and alcohol.

Pretreatment Group

- Monday and Wednesday from 1:00 to 2:30 p.m.
For individuals who are on a waiting list for substance abuse treatment; in the process of being screened for substance abuse treatment; or who have had treatment in the past, returned to use and are reentering treatment. The group members will be identifying their peers denial, defensiveness, anger and lack of progress. Group members will begin to learn to identify their own process and will document as they see their "discovery to recovery" process. Individuals attending Pretreatment will need to be attending 12 step meetings and working towards obtaining a sponsor.

Recovery Group

- Monday and Wednesday from 9:00 to 10:30 a.m.
This is a therapy group for individuals who have a history of substance abuse. Individuals must be interviewed by the therapist and be accepted by the group before they are able to attend. Attendance is mandatory and there is no time line for participation. Individuals are released from attending the group only when the group leader approves their graduation.

Relapse Prevention

- Tuesday from 10:30 a.m. to 12:00 p.m.
This class is focused on individuals identifying triggers, use coping skills, identify safe places and people, relate real life experiences to assist with recovery and complete a Goodbye addiction letter. An individual is required to attend six sessions to successfully complete this class.
- Tuesday from 6:00 to 7:30 p.m.
This group is to provide support to individuals that have experience a relapse. It will motivate, educate and prepare individuals to resume a sober life style. Individuals will begin to learn to identify their own process of relapse, identify peer's denial, defensiveness, anger and lack of progress, and will be responsible for documenting their progress as they see their "sobriety is a continual process of uncovering, recovering and discovering." Individuals participating in the group MUST: have completed treatment, have a small period of sobriety, attend at least 2 12 step meetings weekly and provide verification, and by the third week of group be working with a sponsor. An individual's length in this group is determined by the facilitator and supervising officer.

VOCATIONAL

Job Readiness Training

- Friday from 2:30 to 4:00 p.m.
This class is for individuals in need of assistance with vocational planning, pre-employment readiness, and employment resources. The class is hands-on and self-empowering. It is made up of three core sections: career plans and goals, resume realities, and interview techniques. Career plans and goals focuses on individuals utilizing different resources to assist them in obtaining employment and developing various strategies to avoid repeating behaviors that led to short-term employment or "job hopping." Resume realities takes an individual from the application process to creating a skill based resume that stresses soft skills. It will also provide them with a letter of explanation for potential employers about their current situation. Lastly, interview techniques assists them in learning to communicate any barriers they may have or explain their situation in a positive manner to potential employers. At the end of the class, an individual will receive a

portfolio with a professional resume, letter of explanation and reference guide of their job history. An individual must complete all six weeks to successfully complete this class.

Support for Success

- Tuesday and Thursday from 6:00-8:00pm
This is an eight session closed course that enhances participants employability skills. Completion job applications, interviewing skills, overcoming criminal history in job searching, professionalism and etiquette are covered in this course. The facilitators network with area employers in order to expose the participants to targeted employment opportunities.

DOUGLAS COUNTY DISTRICT COURT **ADULT DRUG COURT GROUPS**

Due to the unique nature of the Drug Court Process, these groups are **ONLY** open to drug court participants.

Transition Group

- Monday from 10:30am – 11:30am
- Monday from 4:00pm - 5:00pm
- Tuesday from 10:30am – 11:30am
- Wednesday from 10:30am to 11:30am

Transition Group is strictly for newly admitted Adult Drug Court participants and is to begin the following week after a Drug Court participant has underwent their orientation/intake appointment. Transition group continues on a weekly basis, consisting of a one hour group once a week, for a 12-15 week period, or until the Drug and Alcohol evaluation has been completed or the assigned Drug Court Counselor determine completion. Getting to know the new participant, giving each participant an opportunity to learn about the Drug Court program, not to mention begin gaining some insight to one's addictive process, are the main objectives to the transition group meetings. Methods used in this group setting are, lecture; group discussion; pencil/paper exercises/workbook; and video presentations.

Relapse Prevention Group

- Tuesday from 4pm to 5pm

Relapse Prevention is a group designed to meet for a designated period of weeks, typically once a week for an hour group, following successful completion of a primary treatment level. The group is facilitated by a dually credentialed Drug Court Staff member. The facilitator's main goal in this group is to help the group members

identify healthy day to day structure that will promote a healthier lifestyle, not just refraining from alcohol and drug use, but from an array of faulty cognitions and behaviors. Group activities guide the participants to identify: where are you in terms of wanting to change; what are you doing on a daily basis; how you know you are in relapse mode; triggers; trigger responses; and emotions and their manipulative qualities.

Cognitive Behavioral Group

- Monday from 12:00pm – 1:00pm

The Group is facilitated by a dually credentialed Adult Drug Court staff member. Group participants are referred by their Drug Court Case Supervisors and are typically participants who have been identified as needing additional assistance in making it through the Drug Court Program. Individuals in this group have generally: tested positive after doing fairly well for a period of time; individuals who display unwanted behaviors on a consistent basis that may require a more intense critical dialogue. The overall goal of this particular group is to foster personal insight, personal responsibility, and basic self accountability. The duration of this group varies based upon participation and Case Supervisor demand.